

FITNESS

	LUNEDI	MARTEDI	MERCOLEDI	GIOVEDI	VENERDI
C A R D I O E N E R G Y	9:15 - 10:15	20:00 - 21:00	9:15 - 10:15	20:00 - 21:00	9:15 - 10:15
P I L A T E S		18:30 - 19:30		18:30 - 19:30	
A F A	10:15 - 11:05				10:15 - 11:05
F I T S T E P		13:10 - 14:10		13:10 - 14:10	
A C R O B A T I C A	20:30 - 22:00		20:30 - 22:00		